



FSS News

Volume II, Issue VI

May 27, 2006

HAPPY FATHER'S DAY

Father's Day should not be the only day that we celebrate our dads. They are truly awesome. They teach you to follow your dreams and to be all you can be. They listen to your point of view (though sometimes they disagree). They love you no matter what happens. They see you through good times and bad. So let's all take the time to celebrate our dads!



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Summer Heat Relief Program

June 12th through August 4th

Call any Community Action Partnership location for an appointment after medical form is completed.

All appointments are 9 -11, Monday through Friday

MUST BRING THE FOLLOWING

- Picture ID
- Proof of Social Security number for everyone in the household
- Proof of income for the previous month
- Proof of address
- Completed original Medical Form with doctor's signature. Call 574-1157 or pick up form at any Community Action Partnership location.

****Must meet federal poverty guideline to qualify****



MARK YOUR CALENDAR

FSS Recognition

Luncheon

July 23rd

3:00 pm to 5:00 pm

at

Masterson's Restaurant

(invitation only)

TEEN TALK

SPONSORED BY LOUISVILLE METRO HOUSING AUTHORITY

- Each teen (13-18 years old) who attends with a parent will receive a gift card.
- Each teen **must** be accompanied by a parent.
- Topics include: dating, parents just don't understand.

SESSIONS HELD

Tuesday, May 30, 2006 at 2:00pm to 5:00 pm

St. Peter Claver, 526 East Lampton Street

Wednesday, May 31, 2006 5:30 pm to 8:30 pm

Dumeyer Center, 1644 Squires Drive

Wednesday, June 7, 2006 5:30 pm to 8:30 pm

Mabel Wiggins Family Investment Center, 1411 Algonquin Parkway

Call Elizabeth Fick at 569-6905 to reserve a seat

****Refreshments and door prizes****

DARE TO READ

Children's Summer Reading Program

May 20 — July 29

- Children from birth to age 14
- Pick up a folder at any library
- Read at least 10 books, list the titles in the folder, and return the completed folder to the library by July 29.



****Readers are eligible for weekly drawings and for grand prize drawings at each branch.**

SUMMER FOOD SERVICE PROGRAM



Open

June 5-August 11

For additional information
call 574-1157

Feeding children 18 and
under in our community

Participants' Achievements

Congratulations Lyn!!

Lynesha Wilson graduated from OSH in April. During her time in the program she completed 2 training programs and secured a fulltime job w/ benefits with the city.

She cheerfully took advantage of every opportunity and every resource available to her that would help to improve her life and the lives of her children. She was dedicated and determined which are only a couple of words that come to mind when thinking about Lyn's journey. Her resolve will continue to serve her well as she moves on to her next goal of home ownership. Good Luck!!

(Kim Johnson)

Robin Woolfolk graduated from Galen Health Institute with a RN degree in April and has obtained employment with U of L Hospital in Labor and Delivery

(Gaynell Coleman)

Hurray for FSS Graduates!

<u>Name</u>	<u>Case Manager</u>
Tamika Morton	Sandy Schardein
Lynesha Wilson	Kim Johnson
LaTonya Butler	Teresa Davis



We've all heard the saying, "April showers bring May flowers." This year they are blooming in **Talena McCrary's** own yard after she purchased a home in April. Congratulations and best wishes to Ms. McCrary and her family!

(Kathy Phillips)

Congratulations to **Kelly Few** on obtaining an Associate in Arts degree from Jefferson Community and Technical College. She earned a 4.0 during her final semester, earned a TRIO Achievement Award, and was a graduation speaker. Ms. Few will continue her education at Campbellsville University.

(Kathy Phillips)



Congratulations to **Ricky Mason, son of Jacqueline Mason**. He has maintained A & B grades during his sophomore year at Butler High School, AND played football for the Bears for the past two years. He plans to attend college (hopefully, on a football scholarship). Jackie and her son attend church at First Samuel Baptist Church, where he is currently an usher.

Congratulations for new jobs!!

Sonja Porter---Plastech as a laborer

Gregory Prince---Lowe's as a floor specialist

Ivory McKinney--Long John Silvers as a cashier

KeeSha Boyd--Mini Versity as a childcare worker

LaTonya Sims --Bank Of America as a data processing clerk

Sharena Yearby--Nortons Medical Building as a janitor

Michael Frye--Dismas House as a resident monitor

(Gaynell Coleman)

Hurrah for

Samantha Egnew, who completed homeownership counseling at Home Ownership Partners.

Katrina Clyburn, who completed homeownership counseling at Louisville Urban League, started her own business (Trina's Tree House), and has two employees.

Shinika Howlett, who graduated 5/17 from JCTC with a double degree in Culinary Arts and Food & Beverage Management). She's also one class away from a third AA in Catering!

(Sandy Schardein)

Ricky has refereed soccer games at St. Helen's school. The school is gone now, but the games go on. Ricky works with area children teaching them football and basketball during the summer months and he has played for the California Jets for the past six years. Staying busy keeps him out of trouble, and he passes his sports knowledge to others in hopes that they, too, will stay out of trouble.

(Geri Livers)

Participants' Achievements

Ms. **Shataka Williams** and her family have achieved some of their goals. Ms. Williams passed her classes at JCC while working full-time and caring for her sons, Kentez and Kevontai. Ms. Williams is especially proud of Kentez who changed his attitude from hating school to loving it. Kentez has improved his grades with the assistance of a teacher who taught him how to succeed in school with a winning attitude. Kevontai also improved his grades in school by changing his work habits. Congratulations to Ms. Williams and her family!

(Kathy Phillips)

Ms. **LaTonya Butler** enrolled in OSH March 1, 2003 and graduated April 21, 2006. She lives with her son Sean who turns 8 on May 22nd. Happy Birthday Sean!

LaTonya is a Hair Stylist and is also employed at Kroger. Her goal was to buy a home for herself and her son and that is exactly what she is doing. Congratulations La-Tonya! It has been my pleasure working with you for the past three years. Good Luck in everything you do.

(Teresa Davis)

METRO PARKS SUMMER CAMPS PROGRAM

- Children ages **6-12**
- **Registration began April 3rd** on a first-come, first-served basis.
- Camp offered **June 5 to July 28** at 16 Metro Parks community centers and outreach sites.
- For information call **456-8136**



- Metro Parks is hiring seasonal help for summer camp and swimming pool programs. For information call 456-8152
- Children ages **13-14** can become junior camp counselors. For information contact the camp location of your choice.



Free Training and Free Computers

****Must be a public housing resident of Louisville Metro Housing Authority****

Louisville Metro Housing Authority's Neighborhood Network Program will offer classes at:

Mabel Wiggins Family Investment Center;
and St. Peter Claver/Sheppard Resident
Council Office

If you live in public housing and are willing to commit to attending a three-week course, please contact Elizabeth Fick at 569-6905.

****SECTION 8 RESIDENTS**

Financial Skills Class Schedule

<u>Course #</u>	<u>Course</u>	Tuesday 6-8 @ Wiggins)	Wednesday (12-2 @ PCC)	Saturday (10-12 @ Wiggins)
ELOP #5	Saving and Investing for the Future	6/6/06	6/7/06	6/10/06
ELOP #6	Insurance and Auto Purchase	6/20/06	6/21/06	6/24/06

Wiggins Family Investment Center is located at 1411 Algonquin Parkway. Childcare IS available at this location. Presbyterian Community Center (PCC) is located at 710 South Hancock. Childcare IS NOT available at this site.

****NO workshop credit will be given, if you are 15 minutes late or more****

Manage Your Health

Health & Wellness Schedule

Call 574-6663 to register for classes

Diabetes Self-Management Series

Tuesdays, 1:00 pm—3:30 pm

Iroquois Library—601 West Woodlawn Avenue

June 6—Diabetes Types, High and Low Blood Sugar, Sick Days

June 13—Diet and Exercise

June 20—Diabetes Pills, Insulin, Preventing complications (Part 1)

June 27—Preventing complications (Part 2), Foot & Skin Care, Glucose monitoring & standards of care

Diabetes Support Group

2nd Thursday of each month: 9:30 am—11:00 am

Park DuValle Community Health Center—3015 Wilson Avenue

June 8—Diabetes & Wound Care

TASTE OF HEALTH

Healthy people/Healthy planet festival

May 29, 2006

10am — 3pm

Louisville Slugger Field

401 East Main Street



Fun & Educational Activities

Healthy Feet Can Last a Lifetime: Foot Facts for People with Diabetes



Shively Municipal Building— 3920 Dixie Highway

Thursday, June 29— 1:00 pm to 3:30 pm



Hispanic Latino Health Fair & Festival

Saturday, June 10, 2006

8:30 am to 4:00 pm

Americana Community Center

4801 Southside Drive

Free tests, Workshops, Fun, Music, Food and More

Partners in Promoting

Louisville Metro Human Services
Operation Self-Help/Family Self-Sufficiency
810 Barret Avenue 3rd Floor
Louisville, KY 40204
Fax: (502) 574-6171

Louisville Metro Housing Authority
Special Programs / FSS
801 Vine Street 3rd Floor
Louisville, KY 40204
Fax: (502) 587-1994



SURVIVING SUMMER BARBECUES

Modify your favorite recipes by using low fat ingredients or use a low-calorie cookbook. Take tiny portions of higher-calorie foods.



Tobacco Control Program

For information and costs of the Stop Smoking Program, Please call 574-STOP (7867)



FSS News is published monthly for and about participants in the Family Self-Sufficiency Program.

If you wish to contribute information about yourself, your children or community resources, contact your case manager or Legina Stoner at 574-1965. The deadline for the next issue is Thursday, June 15, 2006.

To Apply For the FSS Program

If you live in public housing or scattered site, call Dan Farrell at 569-6092.

If you have Section 8 rental assistance, call Amber Giacalone at 569-6933.



Exercise Classes

Health Department

400 East Gray St—Forum

Low-Impact Aerobics—25 cents per class

Tuesday & Thursday 5:00 pm—6:00 pm

(Bring your own mat)

Tai Chi —no fee

Monday & Wednesday 5:30 pm —7:00 pm

High-Impact Aerobics—no fee

Wednesday & Thursday 6:30 pm—7:30 pm

Louisville Central Community Center

1300 West Muhammad Ali Blvd

“Help is here Express”

**Provides help to anyone experiencing problems paying for prescription medicine.

Call 1-888-477-2669/ 1-888-4PPA-NOW to speak with a specialist or visit www.pparx.org.

**CALL Mon-Fri 8am to 12am Sunday 8am to 8pm